



Spring '15 Requirements List

Little Samurai, Juniors, + Teens



Fitness – Blue Stripe

Exercise	LS	JR/TN
1. Push-ups	15	35 50
2. Squats	25	50 75
3. Sit-ups	20	35 50
4. Penetration step	5	10 15
5. Sprawls	5	10 15
6. Standing toe touch	Y	Y Y
7. Guard knees to mat	Y	Y Y

Self Defense – Red Stripe

Move	LS	JR/TN
1. Front bear hug over both arms	X	X
2. Front bear hug under both arms	X	X
3. Guillotine defense		X

Important Dates

Stripe deadline	May 21, Thursday
Belt Promo Ceremony JR + TN	June 2, Tuesday
Belt Promo Ceremony LS	June 4, Thursday

Invitation only:
Drill + Rounds



Fri 4:30 – 6:00 pm

Life Skill – Green Stripe

Patience

Little Samurai: Waiting without complaining.
Juniors | Teens: Waiting without complaining for something that you hope will happen.

Assignment

Little Samurai: Worksheet
Juniors: Worksheet
Juniors +: Worksheet + write-up

Jiu Jitsu Technique – Yellow Stripe

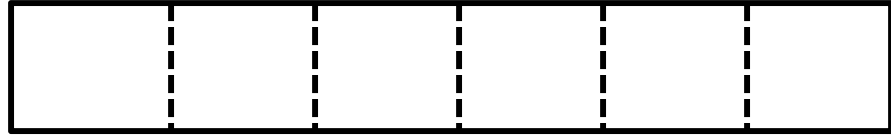
Move	LS	JR/TN- Beg	JR/TN - Int
A. Mount control	X		
B. Back control	X		
1. Double leg start		X	X
2. Single leg start			X
3. Osoto Gari start			X
4. Guard pull		X	X

Personal Betterment – White Stripe

Little Samurai: First Time Listening worksheet
Juniors _ Teens: 4 weeks to Excellence packet

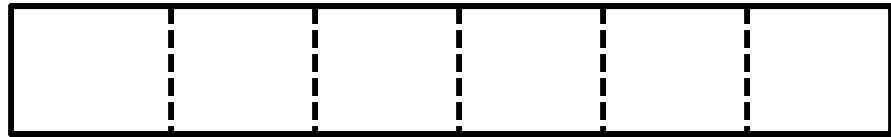
“Roll” Time Register – Yellow Stripe

Little Samurai, Juniors, + Teens



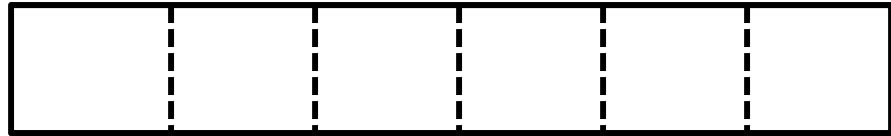
0 min 10 min 20 min 30 min 40 min 50 min 60 min

= 1 hour



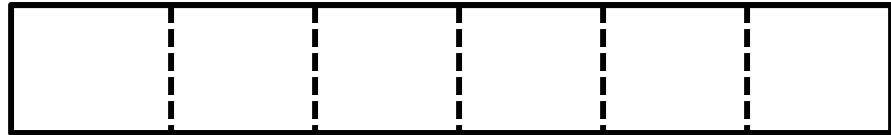
0 min 10 min 20 min 30 min 40 min 50 min 60 min

= 2 hour | Little Samurai



0 min 10 min 20 min 30 min 40 min 50 min 60 min

= 3 hour | Juniors



0 min 10 min 20 min 30 min 40 min 50 min 60 min

= 4 hour | Juniors +

	Stripe	Coach	Date	Rec'd Parent
Check-Off	1. Blue	_____	_____	_____
	2. Red	_____	_____	_____
	3. Yellow – Tech	_____	_____	_____
	4. Yellow – “Roll”	_____	_____	_____
	5. Green	_____	_____	_____
	6. White	_____	_____	_____
	7. Attend - 3	_____	_____	_____
	8. Belt Confirmed	_____	_____	_____